

The Rambler

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Going Green is so au courant that I feel a fool for not approaching the subject sooner. And though the intent is best, sometimes the barrage of requests to change our lifestyle can be stifling. I know that each of us knows the importance of recycling, the dire need to find alternate means of fuel and transportation, and the value in discovering how to leave less obvious carbon footprints, so this is not a warning to you that you're not doing enough; it's encouragement to continue the way you are toward a more optimistic future and a better relationship with our ever changing environment. A Green mentality can be reached several ways, but what simpler way to remember the urge to purge harmful habits than to see and wear the emerald hue in our everyday life - which is exactly what prompted my recent spree at the Country Mart.

Knowing I can never have enough accessories - especially of the

sunglass sort - I strolled into Selima et Benjamin Optique for a pair of Patric sunglasses. The frame is one of my favorites - a simple, classic design whose simplicity is offset by a two tone color theme of orange armbands and, just the color I was after, vivid green frames for the eyes. Not wasting anytime displaying them, I stealthily slipped the glasses on and headed to the next spot.

Rather than clutter my hands with multiple shopping bags (which tends to happen each time I am lured to the irresistible Mart) I popped into Poppy Store for the sturdy Clover Poppy Tote by Hable Construction. The graphic is beautiful, the quality divine and the intent to conserve materials, perfect.

Summer days may be warm but summer nights can occasionally have a chill, especially on the shores of the oft icy Pacific. To ward off evening time goose bumps and further implement my green mentality, I bought the Love Quotes lime green linen blend scarf

from Calypso which will look far better keeping me warm than does my current well-worn and faded hoodie of a certain age.

With my newfound Green accessories in hand, I took a seat in the courtyard sipping a green tea lemonade (the Alice Palmer) from City Bakery. The summer sun was making its presence known but despite the shine, there was still a hint of a cool breeze wafting its way through the corridors. As I looked around, it became clearer that being of the Green mentality is essential in preserving the world for future generations. But sometimes the best reminder to be more conscientious in our habits is to simply sit in a familiar spot like the Country Mart's courtyard and see a place so full of camaraderie, community and carefree splendor that one can't help but want to do everything in one's capacity to preserve it for the next in line.